

## **Are Your Mental Health Symptoms Due to Lyme Disease or Another Tick-borne Infection?**

**By Dr Richard Horowitz**

If you, or someone you love, suffers from mental illness, there is an important question that needs to be asked in order to ensure you get the best treatment available. Do you also have physical symptoms that accompany your mental health issues? This is an important question because bacteria like Lyme disease and bartonella are spreading across the US and Europe in epidemic proportion and can cause mental illness, while resulting in diseases that resemble other chronic illnesses. Lyme disease has been called the “great imitator” and is oftentimes misdiagnosed as a psychiatric illness with or without symptoms that resemble chronic fatigue syndrome/Myalgic Encephalitis, fibromyalgia, autoimmune illnesses including MS, lupus, and rheumatoid arthritis, and even dementia. The symptoms of Lyme disease, and other tick-borne diseases like Bartonella, include fatigue, muscle, joint and nerve pain (which oftentimes migrates around the body), headaches, memory and concentration difficulties, insomnia, neuropsychiatric symptoms (depression, anxiety, OCD, psychosis) and dysautonomia (an imbalance of the Autonomic Nervous System which controls the blood pressure and pulse rate, as well as bowel and bladder function) leading to fatigue, dizziness standing, palpitations, anxiety and occasionally episodes of passing out (pre-syncope, or syncope). If you have accompanying day sweats, night sweats, chills and/or flushing, you may also have been exposed to a tick-borne parasite, called babesia, which can increase neuropsychiatric symptoms. Since many of the above symptoms associated with Lyme and other tick-borne infections overlap the symptoms of other illnesses, including acute and long COVID, due to the infections causing inflammation and immune dysfunction, this means that there is a possibility that you are sick from multiple causes, and that there may be more than can be done for you. If you therefore suffer from the above-mentioned symptoms with good and bad days, where the symptoms come and go, the first step in determining if Lyme or another tick-borne illness like babesia or bartonella may be underlying some of your mental health issues, is to take a validated screening questionnaire. Please click on the link for the HMQ Lyme questionnaire listed below, which has been published in the medical literature. Depending on your score, and accompanying physical symptoms, you may want to bring your completed questionnaire to your health care professionals. They can determine if further testing is indicated to ensure you get the best possible care.

<https://cangetbetter.com/wp-content/uploads/2021/02/MSIDS-QUESTIONNAIRE-FINALR.pdf>

Resources:

<https://cangetbetter.com/symptoms/>

<https://starseed-revolution.com/lyme-disease/>

Empirical Validation of the Horowitz Multiple Systemic Infectious Disease Syndrome Questionnaire for Suspected Lyme Disease. Maryalice Citera, Ph.D., Phyllis R. Freeman, Ph.D., Richard I. Horowitz, M.D., International Journal of General Medicine 2017;10 249–273

<https://www.dovepress.com/empirical-validation-of-the-horowitz-multiple-systemic-infectious-dise-peer-reviewed-fulltext-article-IJGM>

<http://www.ncbi.nlm.nih.gov/pubmed/28919803>

## ***Publications***

**NY Times Science Best Seller: Why Can't I Get Better? Solving the Mystery of Lyme and Chronic Disease. Dr Richard I. Horowitz. St Martin's Press, NYC. Publication date November 2013**

Why Can't I Get Better? Richard Horowitz, M.D.

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**National Bestseller: How Can I Get Better? An Action Plan for Treating Resistant Lyme and Chronic Disease. St Martin's Press, NYC, publication date February 2017**

How Can I Get Better? Richard Horowitz, M.D.

HC ISBN 978-1-250-07054-8 (hardcover) ISBN 978-1-250-11144-9 (e-book)